

(12) UK Patent Application (19) GB (11) 2 333 450 (13) A

(43) Date of A Publication 28.07.1999

(21) Application No 9801583.7

(22) Date of Filing 23.01.1998

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(51) INT CL⁶
A61K 7/26 7/16 35/78

(52) UK CL (Edition Q)
A5B BE BJA B30Y B301 B34Y B341 B342 B822 B823
U1S S1321 S2416

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(58) Field of Search
INT CL⁶ A61K 7/16 7/26 35/78
On-line: CAPLUS, EPODOC, PAJ, WPI

(54) Abstract Title
Anti-Snoring Compositions

(57) An anti-snore gargle comprises aromotherapy oils selected from the group consisting of one or more of the anti-spasmodics, namely peppermint, sage, thyme, fennel and sandalwood oils and one or more of the relaxants, peppermint, lavender or melissa oils. The composition may optionally comprise i) an aromotherapy oil selected from the group consisting of one or more of the antiseptics, eucalyptus, clove, thymol, tea tree and niaouli oils and/or ii) a refreshant oil selected from at least one of lemon or pine oil and/or iii) an emulsifier, preferably Cremaphor H 40 (RTM).

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additionally may comprise a naturally occurring antiseptic oil preferably selected from at least one of Clove, Thymol, Eucalyptus, Tea Tree and Niaouli. Also preferably present is a naturally occurring refreshant selected from aromatherapy oils comprising at least one of Lemon and Pine. In the specification and claims which follow all percentages are by weight.

In a particularly preferred form of the invention the composition may comprise at least one anti-spasmodic compound selected from:-

- 18% - 26% Peppermint Oil,
- 5% - 10% Sage Oil,
- 5% - 10% Fennel Oil,
- 15 4% - 9% Thyme Oil,
- 0.5% - 2% Sandalwood Oil, and
- 0.5% - 2% Tea Tree Oil.

Sandalwood oil may be omitted. Other carriers or emulsifiers may be added to 100%. Such a composition may additionally comprise at least one relaxant composition in the proportions given:-

- 4% - 9% Melissa Oil,
- 2% - 10% Lavender Oil,
- 25 with other carriers and emulsifiers to 100%. Peppermint oil as well as being an anti-spasmodic is also a relaxant.

Additionally the anti-snore gargle composition may comprise antiseptics selected from the following proportions given:-

- 30 6% - 12% Clove Oil,
- 3% - 9% Thymol Oil,
- 3% - 9% Eucalyptus Oil,
- 0.5% - 2% Tea Tree Oil,
- 0.5% - 2% Niaouli Oil,

35 with carriers and emulsifiers to 100%. Where an emulsifier is used it is preferably 2% to 8% Cremaphor RH40. The composition may also incorporate 0.5% to 4% of Mastic Resin

1% Niaouli Oil, and about
5% Cremaphor RH40 - Emulsifier.

With a balance to 100% being formed where necessary of a
5 carrier or diluent therefor.

A few drops of the gargle in accordance with the present
invention are added to water and gargling is effected for two
to three minutes so as to bathe the soft palette in the
10 compositions in accordance with the present invention. It is
thought, although further work has to be done, that the anti-
spasmodics and/or relaxants (but most probably both together)
act upon the soft palette such that when in early sleep
greater volumes of air pass over the soft palette vibration
15 is muted so that snoring does not occur or is reduced.

The invention will now be described by way of illustration
only, with reference to the following examples:-

20 Example 1

An anti-snore gargle composition was made up with undiluted
essential aromatherapy oils and an emulsifier in the weight
% as given below:-

25 22% Peppermint Oil,
 13% Lemon Oil,
 9% Clove Oil,
 8% Dwarf Pine Oil,
 7% Sage Oil,
30 6% Thymol Oil,
 6% Eucalyptus Oil,
 6% Balm Oil,
 6% Lavender Oil,
 1% Mastic Oil,
35 1% Tea Tre Oil,
 1% Sandalwood Oil,
 1% Niaouli Oil, and about

- 9% Pinus Sylvestris (Pine Oil)
- 8% Foeniculum Vulgare (Fennel Oil)
- 7% Salvia Officinalis (Sage Oil)
- 6% Thymus Vulgaris (Thyme Oil)
- 5 6% Eucalyptus Globulus (Eucalyptus Oil)
- 6% Melissa Officinalis (Melissa Oil)
- 6% Lavandula Angustifolia (Lavender Oil)
- 1% Pistacia Vera (Mastic Resin)
- 1% Melaleuca Alternifolia (Tea Tree Oil)
- 10 5% Hydrogenated Castor Oil RH 40 (Cremaphor RH40)

Example 4

An oil according to Example 3 was administered to a panel of
15 patients who experienced snoring as a continuing problem.
Each patient was asked to place three large drops of the
composition in a beaker of water and to stir the same prior
to gargling for three minutes, without ingestion of the
composition, prior to sleep. The subjects were then asked,
20 with the help of their partners, to score the results on the
basis of the following criteria:-

- (1) Snoring worse
- (2) Snoring much the same
- (3) Snoring reduced
- 25 (4) Snoring significantly reduced
- (5) No snoring at all

It was found that regular gargling with the composition in
accordance with the invention significantly reduced the
30 occasions of snoring and in some cases caused it to cease at
least on occasions.

preceding claim wherein the composition comprises at least one anti-spasmodic aromatherapy oil in the proportions given below:-

- 5 18% - 26% Peppermint Oil,
 5% - 10% Fennel Oil,
 4% - 9% Thyme Oil,
 0.5% - 2% Sandalwood Oil, and/or
 0.5% - 2% Tea Tree Oil.

- 10 10. An anti-snore gargle composition according to any preceding claim comprising at least one relaxant oil in the proportions given:-

 4% - 9% Melissa Oil and/or
 2% - 10% Lavender Oil.

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11. An anti-snore gargle composition according to any preceding claim wherein the composition comprises an antiseptic oil selected from the following in the proportions given:-

- 20 6% - 12% Clove Oil,
 3% - 9% Thymol Oil,
 3% - 9% Eucalyptus Oil,
 0.5% - 2% Tea Tree Oil, and/or
 0.5% - 2% Niaouli Oil.

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12. An anti-snore gargle composition according to any preceding claim further comprising an emulsifier.

13. An anti-snore gargle composition according to claim 12
30 wherein the emulsifier is comprised of 2% to 8% Cremaphor RH40.

14. An anti-snore gargle composition according to any preceding claim further comprising a refreshant oil selected
35 from:-

 10% to 16% Lemon Oil, and/or
 6% to 10% Dwarf Pine Oil.